

LAKE LYNN TRACK OUT X-PRESS PROGRAM – TRACK 4

WEEK OF January 4th

Winter Wonderland Week



Monday, January 4th: Happy New Year and Welcome back to Track 4! This week is Winter Wonderland Week.

	7:00-9:00	9:00-9:30	9:30-10:00	10:00-10:45	10:45-11:30	11:30-12:00	12:00-12:30	12:30-1:00	1:00-1:30	1:30-2:15	2:15-3:15	3:15-6:30
	Choice Play Art Room/ Gym 2	Snack/ Gym 1	Morning Assembly Meeting Room	Ice Breaker Games Meeting Room	Handball Gym 1	King of the Jungle Meeting Room	Lunch Art Room	Rest Time Meeting Room	Line Tag Gym 1	Name that Tune Art Room	Hockey Gym 1	Join After School

Tuesday, January 5th: Today is Wear Something Wintery Day! Wear a winter themed shirt, socks, hat or even pants!

	7:00-9:00	9:00-9:30	9:30-10:00	10:00-10:45	10:45-11:30	11:30-12:00	12:00-12:30	12:30-1:00	1:00-1:30	1:30-2:15	2:15-2:45	2:45-3:15	3:15-6:30
	Choice Play Art Room/ Gym 2	Snack/ Gym 1	Line Tag Gym 1	Snowball Alley Gym 1	Pass the Picture Art Room	20 Questions Studio	Lunch Art Room	Rest Time Meeting Room	Playground	Shivery Snow Paint Art Room	Jailbreak Dodgeball Gym 1	Family Photo Meeting Room	Join After School

Wednesday, January 6th: Don't forget your BLUE SHIRTS! Participants K-2 will leave at 9:00am sharp.

	7:00-8:30	8:30-9:00	9:00-9:30	9:30-10:00	10:00-11:00	11:00-12:00	12:00-12:30	12:30-1:00	1:00-1:30	1:30-2:15	2:15-2:45	2:45-3:15	3:15-6:30
	Choice Play Art Room/ Gym 2	Snack/ Gym 1	Pick up from Site @ 9:00am Sertoma Arts Center 9:30-10:30 Return to Site @ 11:00am			Playground/ Gym 1	Lunch Art Room	Rest Time Meeting Room	Dragon Tails Gym 1	Edible Snowmen Art Room	Stations Gym 1	Board Games Meeting Room	Join After School
			Line Tag Gym 1	Playground	Pick up from Site @ 10:00am Sertoma Arts Center 10:30-11:30 Return to Site @ 12:00pm								

Thursday, January 7th: Don't forget your BLUE SHIRTS! Be sure you have signed the waiver. Please be sure you have comfortable Tennis Shoes for climbing.

	7:00-9:00	9:00-9:30	9:30-12:00	12:00-12:30	12:30-1:00	1:00-1:30	1:30-2:15	2:15-3:15	3:15-6:30
	Choice Play Art Room/ Gym 2	Snack/ Gym 1	Pick up from Site @ 9:30am Triangle Rock Club 10:00-11:30 Return to Site @ 12:00pm	Lunch Art Room	Rest Time Meeting Room	Cross the Frozen Pond Gym 1	Plastic Bottle Penguins Art Room	Mat Ball Gym 1	Join After School

Friday, January 8th: We will be watching a winter-themed movie and enjoying some hot chocolate during the movie.

	7:00-9:00	9:00-9:30	9:30-10:00	10:00-10:45	10:45-11:30	11:30-12:00	12:00-12:30	12:30-1:00	1:00-1:30	1:30-3:15	3:15-6:30
	Choice Play Art Room/ Gym 2	Snack/ Gym 1	Winter Charades Meeting Room	How Snow is Formed (Video) Art Room	Ice Meeting Room	Stories with Friends	Lunch Art Room	Rest Time Meeting Room	Make Your Own Snow Art Room	Winter Themed Movie And Hot Chocolate Meeting Room	Join After School

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WEEK OF January 11th

Hollywood Week



Monday, January 11th: Welcome to HOLLYWOOD WEEK for Track 4!

	7:00-9:00	9:00-9:30	9:30-10:00	10:00-10:45	10:45-11:30	11:30-12:00	12:00-12:30	12:30-1:00	1:00-1:30	1:30-2:15	2:15-2:45	2:45-3:15	3:15-6:30
	Choice Play Art Room/ Gym 2	Snack/ Gym 1	Morning Assembly Meeting Room	Ice Breaker Games Meeting Room	Capture the Flag Gym 1	I Spy Art Room	Lunch Art Room	Rest Time Meeting Room	Playground	Walk of Fame Pizzas Art Room	Spot the Lion Gym 1	Hangman Art Room	Join After School

Tuesday, January 12th: Don't forget your **BLUE SHIRTS**!

	7:00-8:30	8:30-9:00	9:00-12:00			12:00-12:30	12:30-1:00	1:00-1:30	1:30-2:15	2:15-2:45	2:45-3:15	3:15-6:30
	Choice Play Art Room/ Gym 2	Snack/ Gym 1	Pick up from Site @ 9:00am Raleigh Little Theater 9:30-11:30 Return to Site @ 12:00pm			Lunch Art Room	Rest Time Meeting Room	Jailbreak Dodgeball Gym 1	Water Safety Course Art Room	In the Zone Gym 1	Mr. Judge Studio	Join After School

Wednesday, January 13th: Don't forget your swim gear and a towel.

	7:00-8:30	8:30-9:15	9:15-9:45	9:45-12:50			12:50-1:30	1:30-2:30	2:30-3:00	3:00-3:15	3:15-6:30
	Choice Play Art Room/ Gym 2	Snack/ Gym 1	Get Dressed/ Bathroom/ Water	Pick up from Site @ 9:45am Buffalo Rd. Aquatic Center 10:15-12:00 Return to Site @ 12:50pm			Lunch Art Room	Rest Time Meeting Room	Create Your own Oscar Awards Part I Art Room	Steal the Bacon Meeting Room	Join After School

Thursday, January 14th: Today is HAT DAY! Wear your favorite hat to Track Out.

	7:00-9:00	9:00-9:30	9:30-10:00	10:00-10:45	10:45-11:30	11:30-12:00	12:00-12:30	12:30-1:00	1:00-1:30	1:30-2:15	2:15-3:15	3:15-6:30
	Choice Play Art Room/ Gym 2	Snack/ Gym 1	Hollywood Tag Gym 1	Hollywood Stars Art Room	Parachute Games Gym 1	Stories with Friends	Lunch Art Room	Rest Time Meeting Room	Create Your Own Oscar Awards Art Room	Hollywood Squares Art Room	Soccer Gym 1	Join After School

Friday, January 15th: We will be having our 1st Lake Lynn Academy Awards. Bring something nice to wear on the Red Carpet!

	7:00-9:00	9:00-9:30	9:30-10:00	10:00-10:45	10:45-11:30	11:30-12:00	12:00-12:30	12:30-1:00	1:00-3:15		3:15-6:30
	Choice Play Art Room/ Gym 2	Snack/ Gym 1	Dance Freeze Meeting Room	Paint your Oscar Awards Art Room	Science behind CGI (Video) Art Room	Lunch Art Room	Rest Time Meeting Room	Get Ready for Awards	Lake Lynn Academy Awards Meeting Room		Join After School



ARTS/CRAFTS



FOOD EXPERIENCE



DANCE / DRAMA / MOVEMENT



FIELD TRIP



CLINIC



SCIENCE / NATURE

LAKE LYNN TRACK OUT X-PRESS PROGRAM – TRACK 4

WEEK OF January 18th

STEM Week



Monday, January 18th: We will be closed for Martin Luther King, Jr. Day

Track Out CLOSED HOLIDAY

Tuesday, January 19th: Welcome to STEM Week! Today is Science Day

	7:00-9:00	9:00-9:30	9:30-10:00	10:00-10:45	10:45-11:30	11:30-12:00	12:00-12:30	12:30-1:00	1:00-1:30	1:30-3:15	3:15-6:30
	Choice Play Art Room/ Gym 2	Snack/ Gym 1	Morning Assembly Meeting Room	Ice Breaker Games Meeting Room	Pop Rockets Art Room	Cross the Ocean Gym 1	Lunch Art Room	Rest Time Meeting Room	Star Walk App Meeting Room	Egg Drop Challenge Art Room	Join After School

Wednesday, January 20th: Technology Day

	7:00-9:00	9:00-9:30	9:30-10:00	10:00-10:45	10:45-11:30	11:30-12:00	12:00-12:30	12:30-1:00	1:00-1:30	1:30-2:15	2:15-3:15	3:15-6:30
	Choice Play Art Room/ Gym 2	Snack/ Gym 1	Run the Canyon Gym 1	How It's Made Art Room	See Ya Later, Alligator Gym 1	Stories with Friends	Lunch Art Room	Rest Time Meeting Room	Run the Canyon Gym 1	Name that Device Art Room	Electronics Time Meeting Room	Join After School

Thursday, January 21st: Engineering Day

	7:00-8:00	8:00-8:30	8:30-11:30	11:30-12:00	12:00-12:30	12:30-1:00	1:00-1:30	1:30-2:15	2:15-3:15	3:15-6:30
	Choice Play Art Room/ Gym 2	Snack/ Gym 1	Pick up from Site @ 8:30am Six Forks Station Cinema 9:00-11:00 Return to Site @ 11:30pm	Hide and Seek Tag Playground	Lunch Art Room	Rest Time Meeting Room	Paper Column Challenge Meeting Room	Tag Games Gym 1	Popsicle Bridge Challenge Meeting Room	Join After School

Friday, January 22nd: Math Day

	7:00-9:00	9:00-9:30	9:30-10:00	10:00-10:45	10:45-11:30	11:30-12:00	12:00-12:30	12:30-1:00	1:00-1:30	1:30-2:15	2:15-3:15	3:15-6:30
	Choice Play Art Room/ Gym 2	Snack/ Gym 1	Red Light, Green Light Gym 1	Musical Chairs Meeting Room	Math Ball Meeting Room	Frogger Gym 1	Lunch Art Room	Rest Time Meeting Room	Ultimate Knockout Gym 1	Math Board Game Meeting Room	Math Jeopardy	Join After School

 ARTS/CRAFTS
  FOOD EXPERIENCE
  DANCE / DRAMA / MOVEMENT
  FIELD TRIP
  CLINIC
  SCIENCE / NATURE

Lake Lynn Track Out

Track 4 - Week 1– Winter Wonderland Week



Field Trip Information and More!

Sertoma Arts Center

1400 W Millbrook Road, Raleigh, NC 27612
919-996-2329

Participants can brush up on their art skills or learn to develop new ones as they create fun & unique art projects with the help of Art Center Staff!

Triangle Rock Club

6022 Duraleigh Road, Raleigh, NC 27612
919-803-5534

Triangle Rock Club is Raleigh's premiere rock climbing facility with climbing walls and boulders. Participants will be given a beginner climbing lesson and should wear comfortable clothing (nothing too loose due to the fact that they will be climbing and wearing climbing harnesses). **This trip will require a waiver to be signed by each child's parent/guardian.**

Reminders

Bring daily

- 1 lunch
- Morning Snack
- Afternoon Snack
- Water Bottle

Field Trips

- Wear blue field trip shirt
- Sign field trip waiver
- No additional money is needed for any field trips

**Friday is Wear Something Winter-themed Day!!*

**We will be watching a movie and drinking Hot Chocolate on Friday!*

Science/Nature:

-Make Your Own Snow

Arts & Crafts:

- Shivery Snow Paint
- Plastic Bottle Penguins

Drama:

-Name That Tune

Clinic:

-How snow is formed

Remember pink & white Key Tag and/or Photo ID when picking up participants

Lake Lynn Track Out

Track 4 – Week 2– Hollywood Week



Field Trip Information and More!

Raleigh Little Theater

301 Pogue Street, Raleigh, NC 27607
919-821-4579

An exciting world of drama awaits at Raleigh Little Theatre! Participants will get the opportunity to experience a behind-the-scenes tour and a short drama workshop.

Buffalo Road Aquatic Center

5908 Buffalo Road, Raleigh, NC 27601
919-996-5600

Participants will get to experience a water slide, lazy river, water vortex, play areas and more at Raleigh Parks, Recreation & Cultural Resources Department's most unique Aquatics facility

****Other Important Information****

On Friday, we will be hosting our 1st Lake Lynn Academy Awards. Participants should bring something nice to change into as they walk down the Red Carpet. Parents are encouraged to attend!

Reminders

Bring daily

- 1 lunch
- Morning Snack
- Afternoon Snack
- Water Bottle

Field Trips

- Wear blue field trip shirt
- No additional money is needed for any field trips
- Towel and bathing suit for the pool.

**Thursday is Hat Day!!*

Science/Nature:

-Science behind CGI (Video)

Arts & Crafts:

-Create your own Oscar Awards
-Hollywood Stars

Food Experience:

-Walk of Fame Pizzas

Drama:

-Dance Freeze

Clinic:

-Water Safety Course

Remember pink & white Key Tag and/or Photo ID when picking-up participants

Lake Lynn Track Out

Track 4 - Week 3– STEM Week



Field Trip Information and More!

Six Forks Station Cinema

9500 Forum Drive, Raleigh, NC 27615

919-846-3904

Participants will get to enjoy a trip to the movies complete with popcorn & drink as they view a children's movie on the big screen! (All films are rated PG)

****Other Important Information****

Throughout the week, we are going to do various activities that go along with STEM (Science, Technology, Engineering and Math). Usually for STEM, each activity combines all four aspects, but we are putting our own twist on STEM and focusing on one letter a day.

Please note, we will be closed on Monday January 18th, as it is a Holiday.

Reminders

Bring daily

- 1 lunch
- Morning Snack
- Afternoon Snack
- Water Bottle

Field Trips

- Wear blue field trip shirt
- No additional money is needed for any field trips

Science/Nature:

-Pop Rockets

Arts & Crafts:

-Egg Drop Challenge

-Paper Column Challenge

Drama:

-Musical Chairs

Clinic:

-How It's Made

Remember pink & white Key Tag and/or Photo ID when picking-up participants